



Sinus Precautions

As indicated on the consent form, occasions of communication between your tooth socket and your maxillary sinus can occur. This has occurred or you are at high risk for this to occur. We want to be certain that the tissues heal completely and that a permanent communication does not form which could require an additional surgery to close. For this reason we are recommending the following:

- Soft Foods for 14 days
- NO drinking through straws, NO carbonated beverages, NO heavy rinsing, or NO spitting for 21 days.
- NO smoking for a minimum of 21 days. Smoking dramatically reduces and inhibits wound healing.
- Not disturbing the sutures. If stitches were placed they will dissolve in 3-10 days _____, some sutures are designed to dissolve slowly over 3-4 weeks _____.
- Brush your teeth as usual. Avoid surgical area with sutures.
- You should very GENTLY and FREQUENTLY rinse with an antiseptic mouthwash starting this evening, preferably Listerine.
- Avoid blowing your nose for the next 4 weeks. Some traces of blood in your nasal secretions can occur for several weeks. If heavy nosebleeds develop please call the office.
- Avoid any activity that increases pressure within the sinus such as strenuous exercise, bending, lifting, or sneezing. If you have to sneeze then do so with your mouth open.
- Prophylactic antibiotics for 10-21 days.
- Purchase an over-the-counter nasal decongestant such as Claritin-D 24 hour sustained release tablets (loratadine and pseudoephedrine) and take them for the next 4 weeks.
- Take all medication as prescribed.
- If you are taking birth control, and antibiotics were prescribed, this may interfere with its effectiveness, please be advised to use alternate form of birth control for an entire month to avoid an unplanned pregnancy.
- If unusual problems develop please call our office. If the office is closed follow the telephone prompts and leave a detailed message for Dr. Koos and an automated answering service will contact the doctor for a return call.

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